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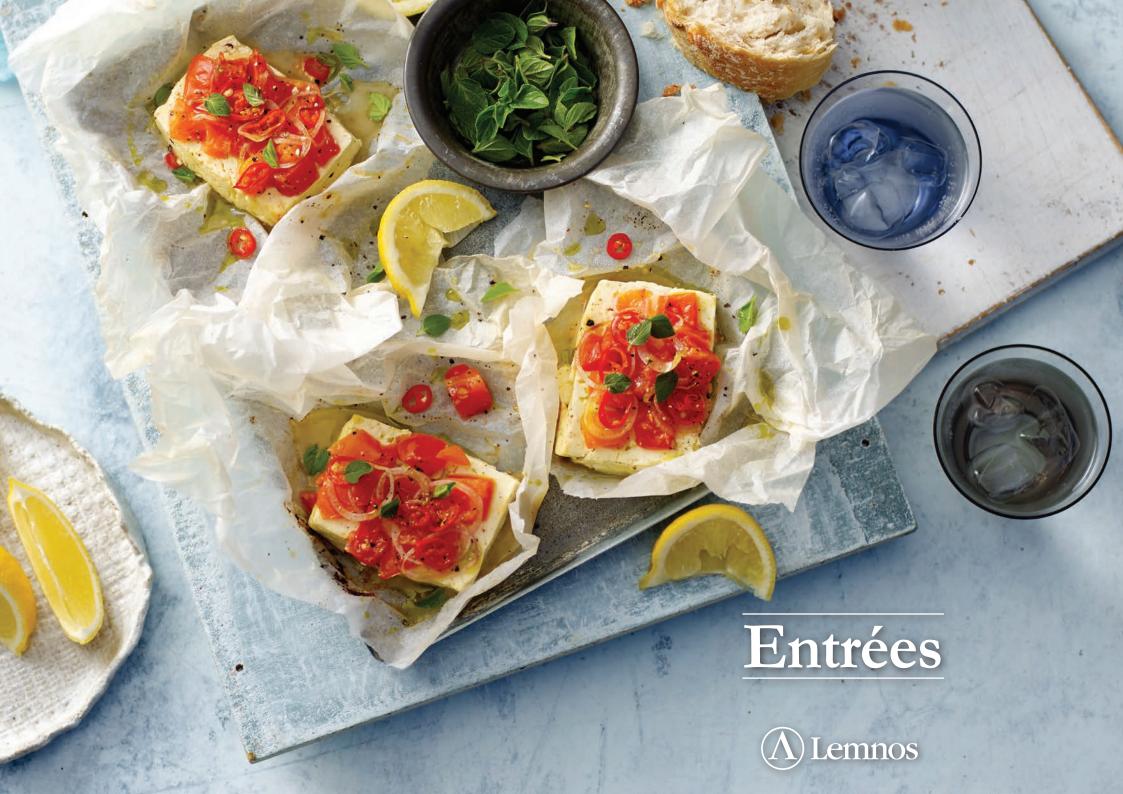
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## Roasted Capsicum Dip with Toasted Pide Bread

## Serves 4-6 Preparation time 5 mins Cooking time 30 mins

Very easy and tasty dip. Tangy roasted capsicum with smooth rich fetta, served with toasted pide or another flatbread.

> 2 large red capsicums 200g Lemnos Smooth Fetta ½ red onion, finely diced 2 tbsps fresh dill, chopped 2 tbsps olive oil 2 tbsps fresh lemon juice Sea salt and freshly ground black pepper 2 flat pide bread (or any other flat bread) I tsp smoked sweet paprika A few dill fronds to decorate

Preheat the oven to 180°C.

- I. Place the whole capsicums on a baking tray and drizzle with a little olive oil. Cook for 30-35 minutes until skin begins to blacken and the capsicums start to soften and collapse. Remove from the oven and cover tightly with foil and allow to cool so that the skin easily slips off. Once cool, remove the skin and seeds and place the flesh of the capsicums in a food processor.
- 2. Break a small piece of Lemnos Smooth Fetta from the block (to crumble over the dip later). Place the rest of the fetta with the capsicums, dill, onion, salt and pepper in a food processor and blend until smooth. Transfer to a serving dish. Crumble the reserved fetta over the top with a few dill fronds.
- 3. Cut the flat bread into triangle shapes, sprinkle with paprika and drizzle with a small amount of olive oil. Place on baking tray and put in the hot oven. Bake for around 10 minutes or until crisp. Remove from oven and serve with the dip whilst still warm.

Tip: If you're short of time serve the dip with store bought corn chips or biscuits.





## Spicy Baked Fetta with Tomatoes

## Serves 4 Preparation time 5 mins Cooking time 20 mins

Tangy baked fetta with tomato, chilli and fresh herbs. Perfect for easy entertaining, dipping and sharing at any time of the year.

180g Lemnos Traditional Fetta, cut in half I large ripe tomato, finely diced I large shallot or small red onion cut into fine slices I long red chilli, finely sliced 2 tbsps extra virgin olive oil I tsp dried oregano

- 1. Mix together the diced onion, chilli and tomato.
- 2. Using 2 large sheets of baking paper, place the Lemnos Traditional Fetta in the centre of each sheet. Top each with a piece of fetta and half the tomato and chilli mixture. Drizzle with extra virgin olive oil and sprinkle with dried oregano. Gather up the edges of the baking paper and scrunch to make tight parcels. Transfer both parcels to an ovenproof dish that just fits them.
- 3. Bake in the preheated oven until both the vegetables and fetta have softened (about 20 minutes).
- 4. Open the parcels and serve the baked fetta hot with warm crusty bread for dipping.



## Prawn & Haloumi Skewers

## Makes 8 Preparation time 10 mins Cooking time 10 mins

Barbecued prawns with haloumi and basil olive oil will be the perfect start at your next special gathering. Can be served as either a canapé, entrée or main.

> 16 large peeled prawns 180g Lemnos Haloumi, cut into cubes I lemon, cut into 8 wedges

#### **Basil Oil**

½ cup basil leaves 1/4 cup olive oil Sea salt and freshly ground black pepper 8 soaked wooden skewers

- 1. Thread the prawns and haloumi cubes alternately onto the skewers, ensuring they are all similar size and depth.
- 2. Place the olive oil and basil leaves in a small food processor and blitz until smooth. Season to taste with salt and pepper
- 3. Heat a BBQ hot plate, large griddle or fry pan over a medium to high heat, add the skewers and fry, turning once, until the prawns are cooked through and the haloumi is golden.
- 4. Serve drizzled with a little basil oil and lemon juice with a few extra lemon wedges on the side.



## Grilled Mediterranean Stack with Fetta Cream

## Serves 4 Preparation time 15 minutes Cooking time 35 minutes

A juicy stack of healthy eggplant, zucchini, capsicum and tomato served with a smooth and decadent fetta cream.

> I eggplant, cut into 2 cm rounds 2 red capsicum I zucchini, cut diagonally into I cm slices I large ripe tomato cut in four I cm thick slices 1/2 cup fresh basil leaves 2 tbsp olive oil

#### Fetta Cream

200g Lemnos Smooth Fetta, drained ½ cup sour cream I tbsp lemon juice I tbsp olive oil Sea salt and freshly ground black pepper

- 1. Place the whole capsicums on a baking tray and drizzle with a little olive oil. Cook for 30-35 minutes until skin begins to blacken and the capsicum starts to soften and collapse. Remove from the oven and cover with tightly with foil and allow to cool so that skins easily slip off. Once cool, remove the skins and seeds and divide each capsicum into 4 pieces. Trim any torn edges.
- 2. Bring a barbecue or frying pan to a high heat and add a little olive oil. Cook the other vegetables until

- seared, turning once (note: the eggplant will take the longest so put it on first and the tomato on last). You may need to add a little more olive oil after the eggplant has been cooked.
- 3. For the fetta cream, place the Lemnos Smooth Fetta, sour cream, lemon juice and olive oil in a food processor and blend until smooth. Season to taste.
- 4. Scatter basil leaves over a single serving plate, arrange the charred vegetables on top of each other in stacks and top with the fetta cream.







## Spinach, Walnut & Fetta Pasta Salad

# Serves 4 Preparation time 15 mins Cooking time 15 mins

Drizzled with a balsamic vinaigrette, this is a simple winter salad that's satisfying and bound to impress.

250g of your favourite pasta (we used Farfalle 'bows')
250g Lemnos Persian Marinated Fetta
I cup walnuts, roughly chopped and toasted
I punnet cherry tomatoes, cut in half
I 00g fresh baby spinach, washed
4 medium shallots, finely sliced
A few parsley leaves to decorate

### Dressing

3 tbsps walnut oil (or extra virgin olive oil)
3 tbsps red wine vinegar
I medium clove of garlic, crushed
I tsp Dijon mustard
Sea salt and freshly ground black pepper

- Cook the pasta to just 'al dente' according to the directions on the packet.
   Drain the pasta, stir through a little walnut or olive oil and set aside.
- 2. Drain the Lemnos Persian Marinated Fetta, discard the herbs and any pepper corns and slightly break up the fetta pieces (reserve some of the oil).
- Make the dressing in a large serving bowl. Whisk the oil, vinegar, garlic and mustard. Add salt and pepper to taste.
- 4. Add the walnuts, spinach, tomatoes and Lemnos Persian Marinated Fetta, along with a tablespoon of the oil from the can, to the dressing. Toss the pasta into this mixture and check the seasoning. Scatter with parsley leaves.
- 5. Cover and chill to use later or serve immediately.





## Greek Lentil Salad with Fetta

## Serves 4-6 Preparation time 15 mins Cooking time 40 mins

Delicious fetta with lentils, Greek herbs, tomato and cucumber. A twist on the traditional Greek salad.

#### Salad

150g French lentils I bay leaf 2 medium red capsicums, roasted and sliced 180g Lemnos Traditional Fetta, broken into small pieces 10 cherry tomatoes, cut in half I medium red onion, roughly chopped I cup fresh flat parsley leaves 1/2 cup fresh mint leaves 10 Kalamata olives, pitted and sliced 50g spinach leaves, washed

#### **Dressing**

6 tbsps extra virgin olive oil 4 tbsps red wine vinegar Pinch of sweet paprika Salt and freshly ground pepper

- I. Place the lentils in a colander and rinse them thoroughly under running water. Drain and place them in a large saucepan. Cover the lentils with a 5-6 cm of cold water. Season with salt, add the bay leaf and bring to the boil. Reduce the heat to a gentle simmer and cook for about 15 minutes until they are just cooked through but still firm and holding their shape. Be sure not to overcook them. Place them in a colander under running cold water for about 2 minutes to stop the cooking process and drain them.
- 2. Preheat the oven to 180°C. Place the whole capsicums on a baking tray and drizzle with a little olive oil. Cook for 30-35 minutes until skin begins to blacken and the capsicums start to soften and collapse. Remove from the oven and wrap tightly in aluminium foil and allow to cool so that the skins easily slip off. Once cool, remove the skins and seeds and slice the capsicums.

- 3. Add all of the ingredients for the dressing into a large howl and whisk to combine
- 4. Place the cooled lentils in the bowl and toss with dressing. Add half of the Lemnos Traditional Fetta, the chopped onion, cherry tomatoes, olives, spinach, sliced roasted capsicums and herbs and combine. Check the seasoning and transfer to a serving bowl. Scatter with the remaining Lemnos Traditional Fetta and a few fresh herbs just before serving.

Tip: If you're short of time you can use a 400g can of lentils instead of cooking lentils from scratch. You can also buy pre-roasted peppers.





## Watermelon, Fetta & Black Olive Salad

## Serves 6-8 Preparation time 10 mins

Perfect for an Australia Day barbecue, or to bring to parties in the warmer months. Crisp, juicy chunks of watermelon are contrasted with crumbled, tangy fetta and mint to make the perfect summer taste combination.

500g seedless watermelon, cut into 2-3 cm cubes 180g Lemnos Traditional Fetta, cut into 1.5-2 cm cubes 100g pitted Kalamata olives 50g baby spinach leaves, washed 1/2 medium red onion, finely sliced ½ cup each, parsley leaves and mint leaves I tbsp olive oil 2 tbsps fresh lemon juice Sea salt and freshly ground black pepper

- I. Combine the watermelon, olives, spinach and herbs together in a large bowl and gently toss. Transfer to a serving dish.
- 2. Top with the cubes of Lemnos Traditional Fetta and olives.
- 3. Squeeze fresh lemon juice over the top and drizzle with olive oil. Season to taste.
- 4. Serve chilled.



## Tuna, Rocket & Corn Salad with Smooth Fetta

#### Serves 4-6 Preparation time 15 mins

A light salad of peppery rocket, tuna and corn, mixed with chunks of smooth fetta is the perfect dinner on a hot summer's night.

100g rocket leaves, washed 200g Lemnos Smooth Fetta, crumbled into large chunks 185g can tuna in springwater, drained 2 corn cobs, peeled 1/4 cup fresh dill fronds 1/2 cup flat parsley leaves ½ medium red onion, finely diced 3 tbsps olive oil Juice of one lemon Sea salt and freshly ground black pepper

- 1. Heat a frying pan on high, add 1 tablespoon olive oil and the corn cobs, turning occasionally until they begin to char all over. Once the corn is cooked on all sides, remove from heat and set aside to cool. When they are cooled run a knife down each cob, cutting off the kernels from the cob. Place the kernels in a large mixing bowl.
- 2. Add the rocket, tuna, dill, parsley and onion. Pour over the lemon juice and the remaining olive oil. Season with salt and pepper Toss gently and transfer into a serving dish.
- 3. Crumble large chunks of the Lemnos Smooth Fetta on top of the salad and serve chilled.

Tip: You can cook the corn for this dish outside on a BBQ hot plate for easy summer entertaining.



# Haloumi, Watermelon & Quinoa Salad

### Serves 4-6 Preparation time 15 mins

A refreshing but substantial salad to accompany a barbeque or to serve as a meal on its own.

> 500g seedless watermelon, cut into batons 180g Lemnos Haloumi, cut in batons 11/2 cups cooked white quinoa 50g washed baby spinach leaves 50g pine nuts, toasted 1/2 cup each parsley and mint leaves ½ medium red onion, finely sliced 3 tbsps olive oil Zest and juice of one lemon Sea salt and freshly ground black pepper

- 1. On a medium heat, in a large frying pan, add 1 tablespoon of olive oil and the Lemnos haloumi. Fry for 1-2 minutes on each side or until golden. Set aside to cool slightly.
- 2. In a large bowl, add the cooked quinoa, watermelon batons, spinach, pine nuts, remaining olive oil, herbs, lemon zest and juice. Toss well. Season to taste.
- 3. Transfer to a platter, top with the toasted haloumi. Serve as a refreshing light lunch or dinner or as a colourful side dish.



## Beetroot, Lentil & Fetta Salad

# Serves 4-6 Preparation time 20 minutes Cooking time 20 minutes

A refreshing beetroot and French lentil salad with fresh chopped herbs and tasty fetta chunks makes a delicious lunch or a perfect side dish to serve with lamb, chicken or fish.

10 baby beetroot
180g Lemnos Traditional Fetta, drained and crumbled
375g packet of French style lentils
I medium red onion, finely sliced
½ cup fresh dill, roughly chopped
½ cup each of mint and flat parsley leaves
2 tbsps lemon juice
4 tbsps olive oil

Preheat the oven to 180°C.

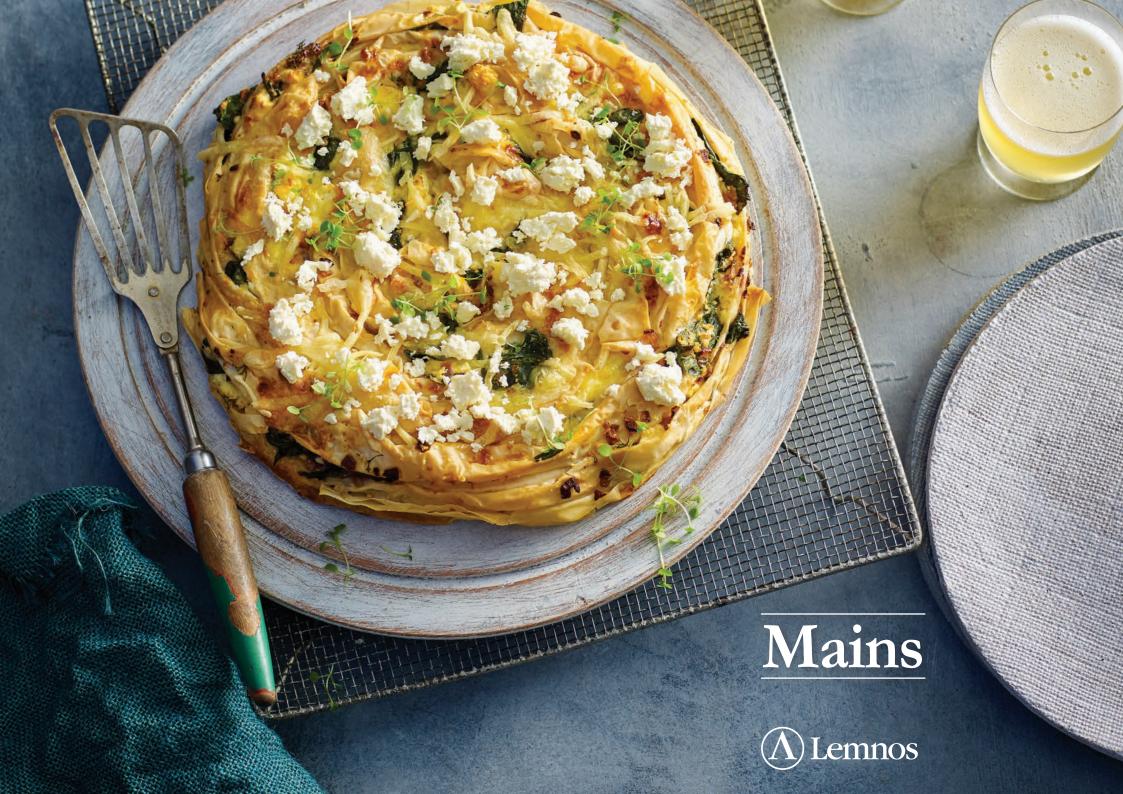
 Thoroughly wash and peel the baby beetroot. Depending how big they are, cut them in halves or quarters. Drizzle them with 2 tablespoons of the olive oil and bake them in the preheated oven for about 25 minutes or until just tender.

Sea salt and freshly ground black pepper

- Bring a large saucepan of salted water to the boil and add the lentils.
   Cook for around 15 minutes or until they are just cooked. Drain in a colander and rinse well under cold water until the water runs clear.
   Empty into a large bowl.
- 3. Add the beetroot with any oil it was roasted with, onion and herbs to the bowl with the lentils and stir to combine. Add the remaining olive oil and lemon juice, season to taste with salt and pepper.
- 4. Transfer to a serving dish, scatter with crumbled Lemnos Traditional Fetta. Serve chilled.

Tip: If you're very short of time, you can speed up this dish by buying precooked baby beetroot and canned lentils instead of cooking them from scratch.







# Three Cheese Eggplant Lasagne

## Serves 6 Preparation time 15 mins Cooking time 45 mins

Decadent layers of eggplant, fetta and spinach, for an easy but impressive meat free meal for everyday or entertaining.

> 3 large eggplants sliced in 1 cm slices length ways 2 x 180g packs Lemnos Traditional Fetta, crumbled 150g ricotta 100g parmesan 1/2 cup basil leaves chopped

> > 2 eggs

½ red onion, finely diced 4 tbsps olive oil

Zest of one lemon

I x 700mL bottle tomato passata

2 x 400g cans crushed tomatoes

Sea salt and freshly ground black pepper

- I. Heat a large fry pan over a medium/high heat and add 2 tablespoons of olive oil. Pat the sliced eggplant dry with a paper towel, season then fry in the hot oil until golden brown on both sides.
- 2. Mix together two thirds of the Lemnos Traditional Fetta, ricotta and a third of the Parmesan with the lemon zest, basil, onion and eggs until well combined.
- 3. Using a deep baking dish, place a third of the fried eggplant in a layer on the bottom of the dish and cover with half of the cheese mix. Repeat with another layer of eggplant and cover with the other half of the cheese mix. Top with the last layer of eggplant. Cover with passata and crushed tomatoes, season well and scatter the remaining parmesan over the top.

- 4. Bake in the preheated oven for approximately 35 minutes.
- 5. Sprinkle the tomato and parmesan topping with the remaining crumbled fetta and return to the oven to cook for a further 10 minutes or until the fetta has started to turn golden.
- 6. Serve hot with a green salad and crusty bread.



## Roasted Pumpkin, Leek & Fetta Risotto

## Serves 6 Preparation time 15 mins Cooking time 40 mins

Luscious, creamy fetta risotto with sweet and sticky pieces of roast pumpkin and herbs.

½ large butternut pumpkin (about 600g), peeled, deseeded and diced into bite size pieces 180g Lemnos Traditional Fetta, crumbled I leek, white end only, thinly sliced I clove garlic, crushed 2 tbsps finely chopped rosemary leaves 5 tbsps extra virgin olive oil 350g Arborio rice 250ml white wine 3 celery sticks, finely diced 5 cups (1.25 litres) of vegetable stock 1/2 cup finely grated parmesan 1/2 cup finely chopped dill Sea salt and pepper

- 1. Toss pumpkin in 2 tablespoons of olive oil and season with salt and pepper.
- 2. Place some baking paper on an oven tray and spread out the pumpkin. Roast in the oven for about 20 minutes or until just tender and starting to brown.
- 3. Slowly heat the stock in a saucepan over a low heat. Bring to a gentle simmer.
- 4. Heat a large, heavy based sauté pan or frying pan over a medium heat. Add the remaining 3 table spoons of olive oil, the leek and rosemary and cook for 3-4 minutes or until the leek softens. Add the garlic and cook for a further minute.

- 5. Transfer the rice to the pan and stir well to ensure all the grains are well coated with oil. Cook for 2-3 minutes, constantly moving the rice around the pan.
- 6. Add the wine and simmer and stir until it is almost totally absorbed. Add the diced celery sticks and carrot and then the warm stock, one ladle at a time, stirring continually until each ladle is absorbed before adding the next one.
- 7. Once the rice is cooked, remove from the heat. Gently stir through the roasted pumpkin, parmesan and crumbled Lemnos Traditional Fetta. Check the seasoning and serve sprinkled with chopped dill.



# Haloumi, Red Onion & Cherry Tomato Pasta

#### Serves 4 Preparation time 15 mins Cooking time 15 mins

This light and flavour filled pasta with grilled haloumi and cherry tomatoes is a great choice for an affordable lunch or dinner at any time of the year.

2 tablespoons olive oil I medium red onion, cut into wedges 2 long red chillies, finely sliced (optional) 180g Lemnos Haloumi, cut into cubes 2 cups cherry tomatoes, halved 250g of your favourite pasta, (cooked following pack instructions and drained) 1/2 cup fresh flat leaf parsley leaves 1/4 cup basil leaves Juice of one lemon Sea salt and freshly ground black pepper

1. Heat the olive oil in a large frying pan or sauté pan over a medium heat. Add the onion and the chilli and fry for 2-3 minutes, until soft and just starting to colour.

A few extra basil and parsley leaves for decoration

- 2. Remove the onion and chilli mix from the pan (reserve), add the Lemnos Haloumi and fry for 2-3 minutes, turning occasionally until all sides are golden.
- 3. Return the onions and chilli to the pan along with the tomatoes, hot cooked pasta, fresh herbs and lemon juice (to taste). Mix together and season generously with salt and freshly ground black pepper.
- 4. Serve hot, garnished with a few extra basil or parsley leaves.



## Beetroot & Fetta Tarte Tartin

#### Makes 15-18 Preparation time 20 mins Cooking time 50 mins

Bright and colourful Beetroot & Fetta Tarte Tartin is easy to make and full of satisfying flavours. Topped with crumbled fetta and herbs.

> 2 large beetroots peeled and thinly sliced 180g Lemnos Traditional Fetta, crumbled I sheet puff pastry, thawed 2 large onion brown onions, thinly sliced 3 tbsps olive oil 2 tbsps balsamic vinegar I tbsp brown sugar I tbsp fresh thyme leaves, finely chopped Sea salt and freshly ground black pepper

#### To Decorate

Baby beetroot leaves (optional)

- 1. Grease and line a 22 cm cake or pie dish with baking paper.
- 2. Heat 2 tablespoons of olive oil in a large frying pan on medium low and gently fry the onion until soft and beginning to brown. Add the thyme, sugar and balsamic vinegar. Cook for about 10 minutes until caramelised and rich. Remove from heat. Season with salt and pepper.
- 3. Drizzle a little olive oil in the bottom of the pie dish. Arrange the beetroot slices in a decorative pattern around the base.
- 4. Spread the beetroot slices with the caramelised onion layer.

- 5. Sprinkle the onion with 3/4 of the crumbled Lemnos Traditional Fetta.
- 6. Top with the sheet of the puff pastry. Press it down firmly and tuck down or trim off any overhang.
- 7. Bake in the oven for ½ hour or until the pastry is golden brown and the beetroot is tender.
- 8. Remove from the oven, allow to cool slightly, loosen the edges with a knife and turn out quickly onto a serving plate.
- 9. Decorate with the remaining crumbled fetta and baby beetroot leaves if using them. Serve warm.





## Zucchini Stuffed with Haloumi & Fresh Herbs

#### Serves 4 Preparation time 15 mins Cooking time 40 mins

Tasty haloumi, aromatic herbs and lemon zest make this delicious zucchini dish a wonderful vegetarian meal option, packed full of flavour.

> 4 large zucchinis 2 cups cooked couscous 180g Lemnos Haloumi, grated Zest of one lemon ½ medium red onion, finely diced ½ cup finely chopped parsley ½ cup finely chopped basil leaves (reserve some small whole leaves for garnish)

1/2 cup finely chopped oregano leaves I x 700mL bottle of tomato passata 2 x 400g cans crushed tomatoes Sea salt and freshly ground black pepper

- I. Cut each zucchini in half lengthwise and scoop out the centre with a teaspoon or melon baller, leaving a 1 cm thick shell. Finely dice the zucchini you've removed from the centres.
- 2. Mix the cooked couscous with half of the grated Lemnos Haloumi, diced zucchini, lemon zest, onion and herbs. Season to taste and press the haloumi mixture into the hollowed zucchinis.
- 3. Pour the tomatoes and passata into a large, deep, baking dish. Season well and sit the zucchinis on top. The tomato mixture should come to about half way up the zucchinis. Scatter the remaining Lemnos Haloumi over the top of the zucchini and cover the dish tightly with foil.

- 4. Bake in the oven for around 35 minutes or until the zucchini is tender when pierced. Remove the foil and return to the oven until the cheese turns golden brown.
- 5. Serve the zucchini with the tomato sauce they were baked in and a salad. Garnish with a few whole basil leaves.



## Traditional Spanakopita

## Serves 4-6 Preparation time 25 mins Cooking time 45 mins

Traditional style rolled Greek spinach and fetta pie encased in layers of crisp filo pastry.

180g Lemnos Traditional Fetta, crumbled 250g washed baby spinach leaves I cup tasty cheese, grated I medium red onion, finely diced 2 tbsp olive oil I medium garlic clove crushed 1/4 cup fresh dill, finely chopped I tsp ground nutmeg Sea salt and freshly ground pepper 3 large eggs, beaten 8 sheets fresh filo pastry 50g butter, melted

- 1. Grease a 22 cm pie/baking dish with melted butter.
- 2. In a large frying pan or sauté pan on a medium low heat, add the olive oil and diced onion, cook for about 4-5 minutes until the onion softens and just starts to colour.
- 3. Add the crushed garlic and spinach and stir for a couple of minutes until the spinach wilts down.
- 4. Remove from the heat, stir in dill, <sup>3</sup>/<sub>4</sub> of the crumbled Lemnos Traditional Fetta, the tasty cheese and nutmeg. Mix well. Season to taste with salt and pepper. Allow to cool.
- 5. Working quickly on a clean dry work surface, lay four sheets of filo out in a long line, overlapping each other by about 6-7 cms. Brush with melted butter. Working the other way repeat with 4 more filo sheets (again slightly over lapping) and brush again with melted butter.

- 6. Place the Lemnos Traditional Fetta and spinach mixture in a long even line down the centre of the long rectangle of buttered filo pastry. Using your clean hands gently push the long sides of the pastry towards the central filling to make a long narrow open ribbon of filled pastry. Crimp together both ends.
- 7. Starting at one end, roll the filled filo into a tight coil shape open side up. Transfer to the baking dish, pour the beaten egg into the open tops of the coil and pat the edges of the filo down slightly. Brush the top with melted butter and place in the preheated oven at 180°C for 40-45 minutes, or until the top of the pie is golden and crisp.
- 8. Serve warm or at room temperature, sprinkled with the remaining crumbled fetta.



## Pumpkin, Leek & Fetta Tart

#### Serves 6-8 Preparation time 25 mins Cooking time 45 mins

#### **Filling**

180g Lemnos Traditional Fetta, drained and broken into large chunks 500g pumpkin, peeled, seeds removed and diced into 2 cm cubes

50g butter

2 tbsps olive oil

2 leeks, white part only, washed and thinly sliced

6 eggs, whisked 600mL cream

I cup baby spinach leaves, washed 2 tbsps fresh dill, roughly chopped Salt and freshly ground black pepper

#### **Pastry**

11/4 cups plain flour ½ tsp salt 120g butter 2 tsps cold water

Preheat oven to 180°C

- I. Drizzle the pumpkin with olive oil, toss to coat and transfer to a baking tray. Season generously and roast in the oven for around 20-25 minutes or until soft and beginning to brown. Remove from the oven.
- 2. Grease and line a 22 cm tart dish with baking paper.

To make pastry, process flour, salt and butter in a food processor until the mixture resembles breadcrumbs. Add the water and process until a ball forms. Remove from the food processor and briefly knead. Press the pastry into the greased and lined tart pan and place in the freezer before preparing the filling.

Tip: If you are really short of time use frozen short crust pastry.

- 3. Heat butter and oil in a large frying pan or sauté pan and gently cook the leeks until soft.
- 4. In a medium sized bowl, whisk together eggs and cream. Season with salt and pepper.
- 5. Remove the pastry from the freezer, line with baking paper and baking weights (or dried beans or uncooked rice) and bake blind for about 15 minutes or until golden. Remove paper and weights.
- 6. To assemble, top pastry with pumpkin and leek, pour in egg mixture and top with crumbled Lemnos Traditional Fetta, spinach and dill. Gently stir with a fork to combine the ingredients.
- 7. Bake for 35-40 minutes or until golden and set in the middle.



## Whole Food Lunch Bowl with Fetta Yoghurt

## Serves 4 Preparation time 20 mins Cooking time 30 mins

Quinoa, kale and chickpeas with roasted sweet potato and fetta yoghurt is a deliciously healthy lunch choice.

11/2 cups cooked, cooled quinoa I large sweet potato, peeled and cut into I cm slices 450g can chick peas, drained and rinsed 50g pepitas (pumpkin seeds) I cup washed finely shredded kale leaves (packed) 1/2 cup picked parsley leaves (packed) ½ medium red onion, finely sliced luice 1/2 lemon 3 tbsps extra virgin olive oil

#### Fetta Yoghurt

Sea salt and freshly ground black pepper

200g Lemnos Smooth Fetta, drained I cup Greek yoghurt I tablespoon lemon juice Sea salt and freshly ground black pepper

- I. Drizzle a little olive oil on a baking tray and arrange the sweet potato evenly around the tray. Bake until soft and lightly golden. Remove from the oven and cool.
- 2. Heat a small frypan over a medium heat and add the pepitas. Move them around the pan and dry toast them until they begin to colour. Allow them to cool.
- 3. In a large bowl add the roasted sweet potato, quinoa, onion, chickpeas, kale, toasted pepitas and parsley leaves.
- 4. Season generously with sea salt and freshly ground black pepper, a squeeze of lemon juice and the
- 5. For the fetta yoghurt, put the Lemnos Smooth Fetta, yoghurt and lemon juice in a food processor and blend until smooth. Season to taste.
- 6. Divide the salad between 4 bowls and top with a dollop of the fetta yoghurt.



# Eggplant & Haloumi Burgers

# Serves 4 Preparation time 10 mins Cooking time 10 mins

Try these juicy and delicious Haloumi & Eggplant Burgers as a meat free BBQ option or when friends drop around to watch the footy.

3 tbsps olive oil

I eggplant, cut into 4 round slices around 2 cm thick

2 x 180g packs Lemnos Haloumi

½ cup good quality tomato relish

I large ripe tomato, sliced

20g rocket or salad leaves, washed

4 bread rolls cut in half and toasted

- Cut the Lemnos Haloumi into quarters, first cutting it through the middle on the long side and then cutting each half in 2 thick slices so that you have 4 large flat slices of cheese from each block.
- In a large frying pan on a medium high heat, add the oil and fry the eggplant for a few minutes on each side until golden and tender. Remove the eggplant and cover with aluminium foil to keep warm.
- 3. In the same pan, fry the pieces of Lemnos Haloumi on both sides until golden brown and keep warm with the eggplant.
- 4. When you are ready to assemble the burgers, spread the base of each bread roll with relish, then top with the rocket leaves, eggplant slices, a couple of tomato slices and 2 slices of toasted haloumi.
- 5. Serve immediately.



# Sticky Persian Lamb Shanks with Fetta

#### Serves 4 Preparation time 20 mins Cooking time 2.5 hrs

Melt in the mouth spiced lamb shanks are the perfect match for creamy Persian fetta in this comforting wintery dish.

250g Lemnos Persian Marinated Fetta, drained, with herbs/peppercorns discarded

- 4 lamb shanks
- 4 tbsps olive oil
- 3 onions, sliced
- 6 garlic cloves, sliced
- I red chilli, finely sliced
  - I cinnamon stick
- 2 tbsps ground cumin
- 2 tbsps ground coriander
- 4 tbsps pomegranate molasses
- 2 x 400g can crushed or chopped tomatoes
  - 4 cups chicken or vegetable stock
- I cup dried pitted dates, roughly chopped
- Sea salt and freshly ground black pepper
- ½ cup packed chopped flat leafed parsley

- 2. Heat a large heavy based casserole dish (with lid) over a medium/hot heat and add one tablespoon of oil. When the oil is hot add the shanks and cook for a couple of minutes, turning until they are browned all over. Remove and set aside.
- 3. Add remaining oil and onions to the pan and cook for 8-10 minutes or until soft and just starting to change colour.
- 4. Add the garlic, chilli and spices and cook for 2-3 minutes more, or until fragrant. Pour in the tomatoes and stock, return the shanks back to the

- casserole, pushed down so they are covered with the sauce. Bring to a boil, cover and put in the oven. Cook for 2 hours, turning the shanks once or twice.
- 5. Remove the lid and stir through the molasses and dates. Return to the oven and cook uncovered for 30 minutes more or until the meat is falling away from the bone.
- 6. Remove shanks from the dish and cover with foil to keep them warm. Put the dish back on the stovetop over a medium/high heat and reduce the juices until thick and shiny. Season to taste.
- 7. Scatter with crumbled Lemnos Persian Marinated Fetta and chopped parsley.





## Beef, Zucchini & Haloumi Meatballs

## Serves 4-6 Preparation time 20 mins Cooking time 35 mins

Delicious beef and haloumi meatballs. Perfect for the barbeque or in a tomato sauce with pasta.

> Ikg beef mince 180g Lemnos Haloumi

2 medium zucchinis, grated and squeezed of any excess moisture

I medium brown onion, finely diced 2 medium garlic cloves, crushed I tbsp fresh rosemary leaves, finely chopped I tbsp fresh or I tsp dried thyme leaves

I egg, beaten

2 tbsp olive oil

I x 700mL bottle tomato passata

2 x 400g can crushed tomatoes

Sea salt and freshly ground pepper

- I. Grate 3/4 of the block of Lemnos Haloumi.
- 2. Combine the mince, grated haloumi, grated zucchini, onion, garlic, herbs and egg in a large bowl. Season generously with salt and pepper.
- 3. When thoroughly mixed, dampen hands and roll mixture into balls about the size of a golf ball.
- 4. Heat the olive oil in a large frypan or sauté pan and sear the meatballs on both sides until brown. Set aside. Tip any excess fat out of the pan, add the tomatoes and passata and season well. Return the meatballs to the pan with the tomato sauce and gently simmer, turning occasionally until they are cooked right through.
- 5. Preheat an overhead grill. Just before serving, crumble the remaining haloumi over the meatballs and toast under the grill until golden brown.
- 6. Serve with your favourite pasta and a mixed salad.





## Lamb Cutlets with Minty Soft Fetta

## Serves 3-4 Preparation time 15 mins Cooking time 10 mins

Juicy lamb cutlets, fresh herbs, lemon and creamy fetta are combined in this super easy dinner the whole family will love.

1/3 cup extra virgin olive oil 2 tbsps fresh rosemary leaves, chopped, or 2 tsps dried rosemary 2 tsps dried oregano Zest and juice of one lemon 2 garlic cloves, minced 12 lamb cutlets Sea salt and freshly ground black pepper

#### Minty Soft Fetta

200g Lemnos Smooth Fetta 120g thick natural yoghurt I cup mint leaves, chopped Sea salt and freshly ground black pepper

- 1. Combine olive oil, rosemary, oregano, garlic, lemon zest and juice in a large bowl. Season to taste and add lamb. Rub the herb mixture into the meat, cover with cling film and refrigerate whilst it marinates for at least 15 minutes.
- 2. For minty soft fetta, place the Lemnos Smooth Fetta, yoghurt and mint in a food processor and blend until smooth. Season to taste. Cover and set aside.
- 3. Preheat barbecue hot plate or large frying pan to medium-high. Cook lamb, turning occasionally, until well browned and cooked to your liking (3 minutes each side for medium-rare). Set aside to rest for 5 minutes then serve with minty soft fetta and a fresh green salad.

Tip: This easy minty fetta sauce is also delicious with any grilled meat or fish.

